

FORGING THE FUTURE:



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Friday FACTS

23 July 2004

"Leadership, Partnership, and Championship"



THE Children's Health FUND

The fourth issue of Healthy K.I.D.S

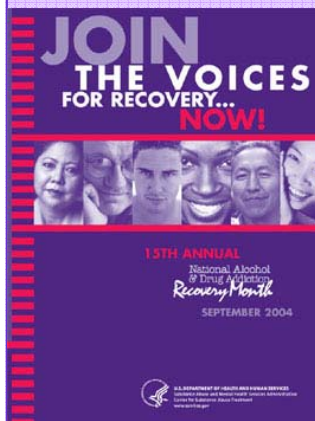
(Knowledge Improving Diet and Strength), a health education program for middle school children focused on exercise and nutrition, is now available.

Supported by a grant from Metropolitan Life Foundation and developed by clinicians from The Children's Health Fund's National Children's Health Project Network, Healthy K.I.D.S. is designed to address the increasing rate of obesity in children. It provides children and the adults in their lives with simple and culturally appropriate tools to make positive lifestyle changes. The project consists of quarterly newsletters in English and Spanish that contain fun, age appropriate activities and information. Newsletter content is suitable for children of all backgrounds, and may be used for individual or classroom nutrition education.

Highlights of Healthy K.I.D.S.:

- ' Each issue is focused on a food group (fruits and vegetables, carbohydrates)
- ' Fun ideas for activities and games
- ' Simple, kid-friendly tips on making lifestyle changes
- ' A grown-up corner for caregivers
- ' Reading levels at fifth grade or less
- ' Newsletters in English and Spanish
- ' Culturally sensitive content and illustrations
- ' Reviewed by experts in the field

These materials are available in a ready-to-use format on the Healthy K.I.D.S. Resource Page at www.childrenshealthfund.org and may be reproduced for your use.



The 15th Annual National Alcohol and Drug Addiction Recovery Month celebrates people in recovery who have overcome stigma, denial, and other barriers to treatment -- and as a result are leading healthy and

productive lives in recovery.

This year's Recovery Month materials focus on improving access to recovery among the large number of Americans who have difficulty obtaining treatment for alcohol or drug use disorders. Of particular importance to a wide range of public and private organizations in the alcohol and drug use disorder treatment field is the Access to Recovery initiative launched by President Bush to help those in need secure the best treatment options available to meet their specific needs. With your help, we will spread the word nationwide about the positive impact of treatment and the ways in which communities can improve access to and achieve recovery for those who are addicted.

For more information visit: <http://www.recoverymonth.gov/2004/kit/>

Have Trouble Remembering Names?

Does this happen to you? You are introduced to someone, and you immediately forget the person's name. Next time, try SAVE:

- S** - Say the name three times in your conversation with the person.
- A** - Ask a question about the name (origin, spelling).
- V** - Visualize the person's most striking physical or personality feature.
- E** - End your conversation with the person's name.

Source: "Strategies for Cognitive Vitality," Live Well, Live Long Initiative, American Society on Aging, www.asaging.org/CDC.

"He is happiest, be he king or peasant, who finds peace in his home." -Johann von Goethe